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an oversized member that fits over an existing handle or shaft of an object, and forms a handle for the object, wherein said member has an oval or elliptical cross-sectional shape.

- 2. A grip according to claim 1, wherein said member is a monolithic part.
- 3. A grip according to claim 2, wherein said part has a bore for accommodating the existing handle or shaft of the object.
- 4. A grip according to claim 3, wherein said part is glued to the existing handle or shaft of the object.
- 5. A grip according to claim 1, wherein said member comprises at least two parts that are each provided with a recess and that fit together such that said recesses accommodate the existing handle or shaft of the object.
- 6. A grip according to claim 5, wherein said two parts are glued together and/or to the handle or shaft of the object.
- 7. A grip according to claim 1, wherein said member is made of cork, balsa, foam, rubber or other elastomeric material.
- 8. A grip according to claim 1, wherein said member is wrapped with material.

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9. A grip according to claim 8, wherein said material is a grip-enhancing material.

10. A grip according to claim 8, wherein said material is a rubberized friction tape.

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- 11. A grip according to claim 1, wherein said member has two ends, one of which has a greater cross-sectional area than does the remainder of said member.
- 12. A grip according to claim 11, wherein said larger end tapers down toward the remainder of said member.

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